

The Sky is the Limit_Issue 3

NORWAY

NORWEGIAN CUSINE

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In Norway meals are placed differently during the day. Their main meals are breakfast (frokost) and dinner (middag). During the time Slovenian people eat lunch, Norwegian people eat dinner, which is usually the only warm meal they have. The main component for other meals – breakfast and snacks is bread. They actually do not have such bread as we do. Mostly they eat bread made out of whole grain flour and their typical Norwegian bread called lefse, made out of potato and milk.

In western part of Norway sheap head (smalahove) present a traditional meal. Originally sheap head was eaten by poor people, but now it is a speciality that is usually eaten before Christmas. The sheap head is firstly salted and dried, sometimes smoked and later on cooked or steamed for three hours. It is served with mashed rutabaga and potatoes.

We were also served with it in the school canteen. Some of us were afraid to try it, while others were very excited. It tasted very salty and there was not much meet on it. However, we were glad that we had an opportunity to try it.

